



TEAM 19 NEWS

19th Expeditionary Sustainment Command
JAN. 28, 2010



Company Arms with Spiritual Fitness

19esc.korea.army.mil

Family Chaplain's commentary

4

19th ESC Family Chaplain Maj. Jeffrey D. Dillard shares his thoughts about "what helps our spirits heal?"

Rev. Dr. Martin Luther King Jr. honored through march

5

Soldiers and servicemembers celebrate and commemorate Rev. Dr. Martin Luther King Jr.'s birthday through a march around Camp Henry, Jan. 21.

501st SBDE Commander's Cup Bowling tournament

6

The 501st SBDE held its Commander's Cup Bowling Tournament Jan. 15, as part of a series of Commander's Cup events.

Ms. Park's Place

7

Ms. Park takes you to Busan city for its tourism attractions, shopping malls, and restaurants.



Photo by Sgt. Lee Jae-won

19th Expeditionary Sustainment Command Headquarters and Headquarters company Soldiers go for a two-mile run with Lt. Col. Mackberth E. Williams, 19th ESC command chaplain, for spiritual fitness at Camp Walker, Jan. 15.

Team 19! Newsletter

<http://19esc.korea.army.mil/>

Published by 19th Expeditionary Sustainment Command Information Team Daegu, South Korea

Commanding General
Brig. Gen. Thomas A. Harvey

PAO

Lt. Col. Karl S. Ivey

Journalists

Sgt. Lee Jae-won

Spc. Adrianna N. Lucas

Pfc. Lee Jun-ho

Intern

Park Hye-joo

Team 19! is an authorized online publication for the members of the Department of Defense. Contents of Team 19! are not necessarily official views of or endorsed by, the U.S. Government, DoD, or Department of the Army. The editorial content of this biweekly publication is the responsibility of the 19th ESC PAO, APO AP 96218.

Submitting to Team 19! newsletter: Send letters to the editor, guest commentaries, story submissions and other items: 19ESCPAO@korea.army.mil

For all submitted items include points of contact name and telephone number. All items are subject to editing for content and to insure they conform with DoD guidelines.

19th ESC Public Affairs Office is located on the 2nd floor of Bldg. 1501, Camp Henry, Daegu, South Korea. For information call 768-8622 or e-mail 19ESCPAO@korea.army.mil



Submit your stories!

- Submit your unit stories and news to Team 19! Newsletter to get published!
- We welcome your unit's community relations events!
- Show off your writing skills to advertise your unit events for the 19th ESC community
- Submit stories and photos (if necessary) with cutlines to 19thESCPAOWebmaster@korea.army.mil
- We will proofread and revise the article based on U.S. Army Public Affairs writing guide

SAFETY SHOT #6-10

Presidents Day and Lunar New Year Safety Message



Brig. Gen. Thomas A. Harvey

By Brig. Gen. Thomas A. Harvey 19th ESC Commanding General

Team 19 Soldiers, civilians, and family members will celebrate Presidents Day from February 13-16. Conversely, our Korean friends will bring in the Lunar New Year during the same timeframe (February 13-15). This command is honored to recognize both holidays as they reflect on past accomplishments, as well as charting a course for future goals and endeavors. KATUSA and KN employees will be off Tuesday the 17th.

To reduce accidents during these holidays, and the winter season, focus

on next procedures.

Under the Oak Tree Counseling (UtOTC): USFK Policy Letter #2 UtOTC goes into the details of this valuable face-to-face interaction. Soldiers will be counseled before they begin these weekends to include any plans with alcohol.

Suicide Prevention: Who's acting different in your formation, your office, or your work place? The number one preventer of suicide attempts is to talk your problems out. The 19th ESC Suicide Lifeline, at DSN 764-4LIF (4543), was created for you to do just that. Twenty four hours a day, seven days a week.

Buddy System/Fire Teams: The Buddy System is a great tool to prevent accident and incidents, while Fire Teams are even better. If one buddy is going to be the 'drinker,' the other buddy needs to be the 'thinker,' and stay sober.

Cold Weather Operations: Leaders need to take a look at their cold weather operations, and make sure Soldiers are protected from Korea's coldest temperatures in years. Cold weather injuries such as frostbite are a leadership failure. Chapter 19, of 19th ESC Reg 385-1, Safety Programs, has

detailed safety guidance for cold weather operations and can be found on the 19th ESC portal at: <https://8army.korea.army.mil/sites/19eSC/staff/safety/default.aspx>.

With the Lunar New Year's celebrations comes increased traffic. Korea is similar to the size of Indiana, but with 600 percent more populous. Many Koreans will be on the road driving to relative's homes. Read Lunar New Year Safety OPORD 54-10, and the road conditions of AMBER, February 12 and 17, and RED February 13-15. POV operators are encouraged to either avoid driving, or plan for heavy traffic congestion.

Review the current 'Sharp Point' message at <http://www.usfk.mil/USFK/index.html>, and 8th Army commander's message at <http://safety.korea.army.mil>. These two important holidays of our two great countries, seldom occur on the same days. I can think of no finer celebration than for all of us, American and Korean, to stay safe.

HANGUL

Train Your Language,
Gain More Friends.

Every Tuesday and Thursday
6 to 8 p.m.
Camp Walker Chapel Annex
POC: 764-4935
hana.kim6@us.army.mil
Camp Carroll Education Center
POC: 765-7296
lee.sung@us.army.mil
Start date: Feb. 9

Sponsored by Area IV RSG

What helps our spirits heal?

By Family Life Chaplain Maj. Jeffrey D. Dillard
19th ESC Chaplain's Office

Bottom line up front: all of us need relationships with someone who can be there for us – not necessarily to tell us what to do or what we should have done (although there is a time for that). But first, we need someone just to see us for who we are and will still be there with us. This is the beginning of healing: gracious presence.

As a family life chaplain, my primary effort is to support commanders by providing additional training to other chaplains in pastoral counseling, relationship education skills and programs. In other words, a big part of what I do is train the trainers in healing and I couldn't ask for a better job description. Even before I was selected for this position, I had invested years of study and prayer around the subject. For guidance in training our chaplains, I turned back to the very beginning.

The Jewish and Christian perspectives on this are illustrated very effectively in the Old Testament. In Genesis 1:1-4, we read, "In the beginning, the earth was formless and void. Darkness covered the face of the deep, and the Spirit of God was hovering over the waters. And God said, 'Let there be light, and there was light. God saw that the light was good, and he separated the light from the darkness.'" I believe this is the first piece of a picture illustrating God's design for spiritual healing: gracious presence.

Why do I say this? First of all, the sun, moon, and stars were created on the fourth day, the center of the seven days. But more importantly, this type of light occurs in the rest of the Bible only when God is graciously present with his undeserving people. I encourage you to check it out for yourself. Then re-read Genesis 1:1-4.



Chaplain
Dillard

Isn't that image of a flooded, muddy, barren earth just like our lives? And when we slow down to notice our situation, don't we feel in the dark and alone? Isn't it the chaos in our spirits that keeps our lives at home and work from being more fruitful? Our undeserving lives are completely transparent before God, yet he comes. His gracious presence warms us. And even when his light reveals our chaos, he remains and commits himself to the work ahead.

This specific aspect of loving relationship is the first part of healing. Whether your help comes from time with God, talks with a chaplain, or simply opening up to a good friend, you need people who will know all of you and still be there for you.



Field operation cooking lessons

Chief Warrant Officer 2 Anthony T. Jackson, 19th ESC G-4, instructs 8th Korean Service Company members on M-2 burners, M-59 field ranges and immersion heater operations at Camp Henry, Jan. 11. The KSC members are required to complete this training on an annual basis. Photo by Spc. Adrianna N. Lucas

Dr. Martin Luther King Jr. honored through the march



Photos by Sgt. Lee Jae-won

Soldiers and servicemembers march through Camp Henry to commemorate Rev. Dr. Martin Luther King Jr.'s contributions Jan. 21.

By Sgt. Lee Jae-won
19th ESC Public Affairs

"I accept this award today with an abiding faith in America and an audacious faith in the future of mankind. I refuse to accept despair as the final response to the ambiguities of history. I refuse to accept the idea that the "is-ness" of man's present nature makes him morally incapable of reaching up for the eternal "oughtness" that forever confronts him. I refuse to accept the idea that man is mere flotsam and jetsam in the river of life, unable to influence the unfolding events which surround him. I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality."

This statement is from the 1964 Nobel Peace Prize acceptance speech by Dr. Martin Luther King Jr. Throughout the speech, King speaks out his courage and passion towards human rights and shows how he strives to tell others not to give up hopes and dreams.

In the chilly and windy afternoon, Soldiers and servicemembers gathered to march around Camp Henry, Jan. 21, to celebrate and commemorate accom-

plishments of Dr. Martin Luther King Jr. and his courageous paths.

More than 60 Soldiers and servicemembers marched through Camp Henry, stopping two stations, USAG-Daegu Installation Management headquarters and 19th Expeditionary Sustainment Command headquarters, to listen King's "I have a dream..." speech and the 1964 Nobel Peace Prize acceptance speech.

Martin Luther King Jr. Day is a United States Federal holiday marking the

birth date of Dr. Martin Luther King, Jr. It is observed the third Monday of January each year, which is around the time of King's birthday, January 15. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. It was officially observed in all 50 states for the first time in 2000.

Dr. King's "I have a dream..." speech was recited by Staff Sgt. DeShawn Miller, 25th Trans. Bn., and the 1964 Nobel Peace Prize acceptance speech was recited by Sgt. 1st Class Elijah Parker, 19th ESC Support Operations.

"As I was reading over his speech, Dr. King's footsteps humbled me," said Parker. "It is truly an honor to celebrate him, and we must thank him that we are living in his dreams and vision today."

Lt. Col. Shannon Cox, 25th Trans. Bn commander, remarked how Dr. King's works changed the nation's history and influenced everyone's life.

"He was a truly extraordinary person who fought for human rights and social justice," said Cox. "His courageous influence is not just for you and me, but it's about all of us."



Sgt. 1st Class Elijah Parker, 19th ESC SPO, recites the 1964 Nobel Peace Prize acceptance speech during the Dr. Martin Luther King Jr.'s remembrance march, in front of 19th ESC Headquarters Building, Camp Henry, Jan. 21.

501st SBDE Commander's Cup Bowling Tournament at Camp Carroll

By **Spc. Daniel J. Wallace**

501st SBDE Public Affairs

CAMP CARROLL— As 12:45 p.m. drew near, the air was thick with anticipation at the crowded Camp Carroll bowling alley.

Multi-colored bowling shoes of American Soldiers and Koreans moved across the lane as the bowlers practiced for the coming hours. Pins flew into the lane backstops as bowling balls collided into them after speeding down the lanes.

A team in the corner cheered as one of their teammates got a strike during his warm up shot, while across the lane another team gave pointers to a teammate on how to pick up a spare.

Minutes later a voice came over the loud speakers asking bowlers to halt and for everyone to come gather around. As everyone moved toward the center of the bowling alley, Col. Kathryn A. Burba, 501st Sustainment Brigade commander, spoke to participants of the Commander's Cup Bowling Tournament.

Burba encouraged participants to "Have a good time, have a fun time, but try to meet at least one person you didn't know before."

The 501st SBDE held its Commander's Cup Bowling Tournament here Jan. 15, as part of a series of Commander's Cup events.

The Commander's Cup hosted several teams from units that fall under the 501st SBDE as well as two teams of Military Gold Member families. Two teams came from the 498th Combat Sustainment Support Battalion, two teams from the 194th Combat Sustainment Support Battalion, one from the 501st Special Troops Battalion, a team from the 94th Military Police Battalion, and one team from the 501st SBDE.

Only teams that fall under the brigade

competed for an overall team championship, in which the winner would receive the Commander's Cup. All individuals were able to compete for first, second and third place in highest overall average score of the individual bowler.

The 498th CSSB team led by Command Sgt. Maj. Edward Johnson won first place with a team average of 155.75. The 501st SBDE team led by Lt. Col. Allen Walker took second place with a team average of 152.45. The 501st STB team led by Maj. Gregory Dorsey took third place with a team average of 143.09.

For individual bowlers, Kang Si-ryang, MGM, took first place with a two-game average of 214. Second place went to 1st Sgt. Michael Dudley, 498th CSSB, with an average of 206. Sgt. 1st Class Kevin Barnett, 501st SBDE, took third place.

Kang said, he was excited, and enjoyed bowling with the Soldiers.

Joo Yoon-sik, the MGM president, said the Korean team has been together for 10 years but it was their first time bowling with American Soldiers and participating in one of their bowling tournaments.

Joo also stated that the MGM had hosted the last Commander's Cup golf tournament and they had a good time competing in that as well.

The MGM supplied participants

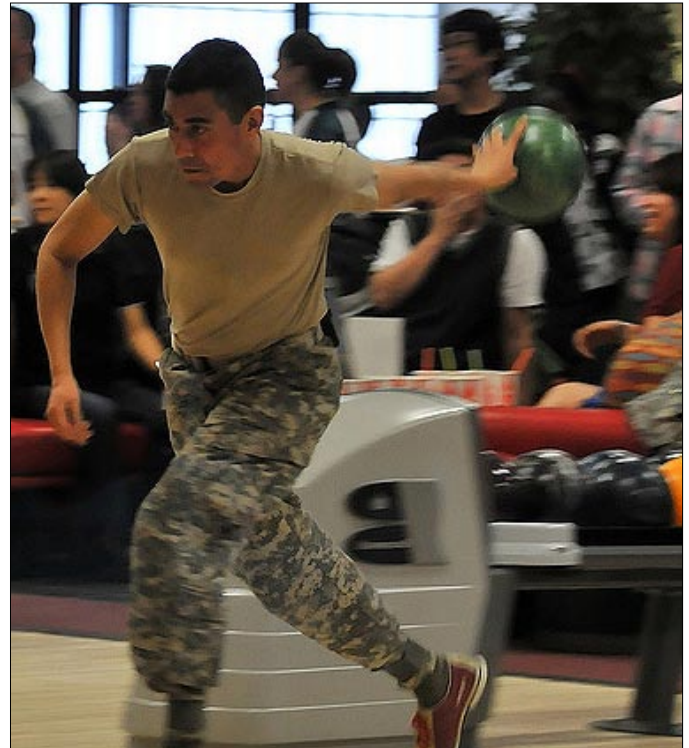


Photo by Spc. Daniel J. Wallace

Staff Sgt. Walter Leeds, 501st SBDE, watches his pins after he releases his bowling ball down the lane.

and spectators with pizza and drinks throughout the tournament.

1st Lt. Cecil Murfree, 94th MP Bn., said it was his first time participating in a bowling tournament, but that his team had practiced before at Camp Walker bowling alley.

Murfree said it was nice to get the brigade together since it's spread out and there are not many chances to build comradery and come together.

In the spirit of fun during the award portion of the bowling tournament, there was a prize given away for the lowest score. The prize, which went to Spc. Derrick J. Williams, 501st STB, was four free games of bowling.

"The brigade is only as strong as the community in which they live and we are very grateful to be part of our bigger community here in Korea," said Burba.

Ms. Park's Place

Ms. Park Hye-joo

19th ESC Public Affairs Office Intern

Soldiers, civilians and family members stationed in Korea, express curiosity with local culture, events and social activities. Ms. Park Hye-joo, lives in Kyungpook province and is ready to answer your questions.

(angela-park@hotmail.com)

The second largest city in Korea, Busan is renowned as one of the best tourism cities. Its natural environments including mountain, rivers and sea provide extraordinary views to tourists. Moreover, Busan is the fifth largest container handling port in the world, so it is becoming one of the world-famous cities too. From Daegu, it only takes about one hour to get there by KTX, so it is recommended for Soldiers to break out of their daily routines and discover more Korea offers. Most of the tourist attractions have their own subway stations, so traveling in Busan is not very difficult for strangers.

Haeundae Beach and Centum City (No.2 Subway Line)

Many people think that Haeundae is the most famous site in Busan. It is no exaggeration to say that this beach is the symbol of Busan. People gather from all parts of the country every summer to have fun in the water with their friends and family. Many hotels are around the beach with state-of-the-art facilities. Additionally, Busan Aquarium is located here. Tourists can see approximately 35,000 fish of 400 species from all over the world that live in the huge aquarium filled with seawater. Ten minutes from the beach, there is Centum City Shinsegae which is in the Guinness Book of World Records as the world's largest department store. Shinsegae means "New World" in Korean, and like its name, it accommodates Spa Land, Cine de Chef, an ice-rink, and lots of shopping malls as the central figure.

Seo-myeon (No.2 Subway Line) and Pusan National University (No.1 Subway Line)

If people want to visit the street which is filled with the youth in Busan, these two following regions are recommended. Tourists can feel young in spirit with loud popular music when they walk through Seo-myeon or near Pusan National University. Seo-myeon corresponds to Dongsungro in Daegu, and is full of youthfulness with plenty of fancy restaurants, pubs, shopping malls and clubs. Lots of small shops which sell clothes and hand-made accessories line every street and food stands stimulate people's appetites. Spending time with affordable prices is one of the advantages around PNU streets.

Gwangan Bridge (No.2 Subway Line)

Gwangan Bridge, which is the second longest bridge in Korea

after the Incheon Bridge, has been a new land mark of Busan City due to its splendid night scene.

What is more, Busan International Film Festival Square, UN Memorial Park, Jagalchi Market (huge seafood market) and Dongbaek Island are also recommended for tourists who visit Busan.

INFO

From Dongdaegu station to Busan station (via KTX)

1. Time: Two KTX lines run per hour on average (about one hour)
2. Fee: 10,800 won (standard), 15,400 won (executive)

Busan Aquarium

1. Entrance fee: Adults - 16,000 won / Students(14-19 years old) - 13,500 won / Children (4-13 years old) - 11,000 won / Under 36 months - free



Courtesy photos

COMMUNICATIONS



Need help studying for the Soldier of the Month and the promotion board? Here is some basic soldier knowledge to help you ace the board.

What are five methods of communication?

- * 1. Radio 2. Sound 3. Visual
- * 4. Messenger 5. Wire

What are five factors that affect the range of radio equipment?

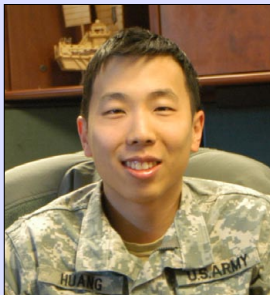
- * 1. Weather
- * 2. Terrain
- * 3. Antenna
- * 4. Power
- * 5. Location

What is SOI and what does it provide?

- * SOI stands for Signal Operation instructions.
- * -It provides the organization of stations into nets
- * -It assigns call signs
- * -It designates Net Control Stations (NCS)
- * -It assigns frequencies
- * -It provides changes to alternate frequencies
- * -It provides security Procedures to be used by radio operators

Talk on the STREET

“Who is your pick for the Super Bowl?”



Indianapolis Colts -
The defense of Indiana is very good and it is a passing team.

Capt. Peter Huang,
19th ESC G-3



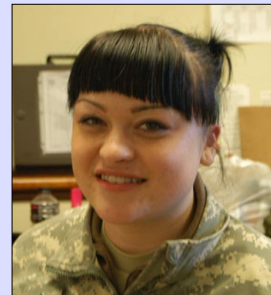
New Orleans Saints -
I want to cheer for New Orleans because I am from that region.

Sgt. 1st Class Christopher Hartsfield,
19th ESC G-3



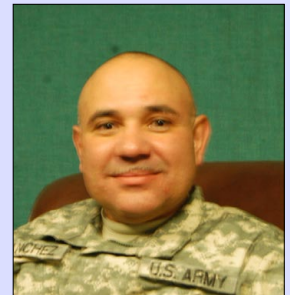
Indianapolis Colts -
I believe the best player, quarterback, Peyton Manning will lead the team well.

Col. Jeffrey Ludwig,
19th ESC Deputy Commander



New Orleans Saints -
The player who plays as a quarterback is very competent

Pvt. Sarah John,
19th ESC PAC



Indianapolis Colts-
Peyton Manning would show his whole ability as quarterback.

Master Sgt. Edward Sanchez,
19th ESC G-6

The Military Child Education Coalition

**Preparing for
the Journey:
What every parent
should know**



**A parent to parent workshop:
Give your children a head start
on the road to academic success**

**Feb. 4, 5:30 to 8 p.m.
at the USAG Daegu American School
RSVP Carla.Brown@us.army.mil
Visit www.militaryChild.org
for more information**

Child, Youth & School Services

*** Coach Pitch Registration ***

- Coaches register Feb. 1-28
- Baseball/T-Ball/Coach Pitch Registration
- Baseball (ages 11-15) / T-Ball(ages 5-7) / Coach Pitch(ages 8-10) / StartSmart (ages 3-4)
- For information, call CYS Services Sports at DSN 764-4859

*** Cervical Health Awareness Month ***

- January is Cervical Health Awareness Month
- Take a pap test regularly and vaccinate early against HPV for girls and women ages 9 to 26
- For more information, please call Force Health Protection and Preventive Medicine 65th Medical Brigade at DSN 764-5215

MWR Tours

**Tours for the
month of January**

**Come experience everything
Korea has to offer with your
local MWR**



Date	Event	Price
Jan. 30	Clay shooting at Daegu range will depart from Camp Walker CAC at 1 p.m. Shooting fee: 22,000 won for 25 shots Must be 17 years or older to register	Transportaion fee \$5 per person
Available for rent : Skis, snowboards, Santa suits, carving skis, and child skis available for rent at the Camp Walker CAC		
For more information, please contact your local Community Activity Center Camp Walker:Bldg. S-335, 764-4123 Camp Carroll: Bldg. S-110, 765-8325		

CLUBS AND ENTERTAINMENT

Hilltop Club at Camp Walker

-Customer appreciation
Free snacks
- 5:30 p.m. to 6:30 p.m., Jan. 29
- Please call DSN 764-4985 for more information

Hideaway Club at Camp Carroll

-Battle Buddy & Right arm night
- 7 p.m., Jan. 29
- Call DSN 765-7484 for more information